

In adults, what is the association between intake of sugar-sweetened beverages and energy intake? (DGAC 2010)

Conclusion


Limited evidence shows that intake of sugar-sweetened beverages is linked to higher energy intake in adults.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [In adults, what is the association between intake of sugar-sweetened beverages and energy intake?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[SSB: In adults, what are the associations between intake of sugar-sweetened beverages and energy intake and body weight?](#)